



CLASS DESCRIPTION

Land/Water

Weight bearing / equipment classes

| Y-BC | | | | |
|--|--|--|--|--|
| Body conditioning class with cardio, that incorporates lots of different equipment. Fun and challenging class. | | | | |
| Intensity | | | | |
| Cardio | | | | |
| Choreography | | | | |

| Y-Fit | | | | |
|---|--|--|--|--|
| Maximize your results with this strength class that incorporates bodyweight and weight bearing exercises. | | | | |
| Intensity | | | | |
| Cardio | | | | |
| Choreography | | | | |

| Y-Pump | | | | |
|---|--|--|--|--|
| Take your weight lifting to the next level! Music drives this class. High rep/ low weight will build endurance and overall muscle strength. | | | | |
| Intensity | | | | |
| Cardio | | | | |
| Choreography | | | | |

| Y-Bootcamp | | | | |
|---|--|--|--|--|
| Military cardio drills alternating with strength exercises. If you are looking for a calorie burning challenge this is the class for you. | | | | |
| Intensity | | | | |
| Cardio | | | | |
| Choreography | | | | |

| Y-Barre | | | | |
|---|--|--|--|--|
| A modern version of classic ballet training. Incorporates small weights. Builds core strength and good posture. Full body workout | | | | |
| Intensity | | | | |
| Cardio | | | | |
| Choreography | | | | |

| SilverSneakers Basic | | | | |
|---|--|--|--|--|
| Increase muscle strength and range of motion for daily living. A chair is used for seated exercises and standing support. Recommended for seniors. | | | | |
| Intensity | | | | |
| Cardio | | | | |
| Choreography | | | | |

No weights/Cardio classes

| STRONG (NATION/45) | | | | |
|--|--|--|--|--|
| Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. | | | | |
| Intensity | | | | |
| Cardio | | | | |
| Choreography | | | | |

| Cardio Kickboxing | | | | |
|--|--|--|--|--|
| Fat blasting and ab-defining cardio workout set to pounding, motivating dance music. | | | | |
| Intensity | | | | |
| Cardio | | | | |
| Choreography | | | | |

| Y-Combat | | | | |
|--|--|--|--|--|
| Take your cardio workout to the next level! Each song represents a type of martial arts. This class is totally non-contact. Learn moves from for ex. boxing, karate and Muay Thai. | | | | |
| Intensity | | | | |
| Cardio | | | | |
| Choreography | | | | |

| Y-Cycle | | | | |
|--|--|--|--|--|
| A high energy, vigorous, and instructor led cycling class that will challenge you with a high intensity and calorie burning workout. | | | | |
| Intensity | | | | |
| Cardio | | | | |
| Choreography | | | | |

Dance Fitness classes

| Zumba | | | | |
|--|--|--|--|--|
| Zumba is a fusion of Latin and international music with dance themes to create a dynamic, exiting fitness program. | | | | |
| Intensity | | | | |
| Cardio | | | | |
| Choreography | | | | |

| WERQ | | | | |
|--|--|--|--|--|
| WERQ is a cardio dance workout to the hottest pop and hip hop music with easy to follow high energy dance steps. | | | | |
| Intensity | | | | |
| Cardio | | | | |
| Choreography | | | | |

| Zumba Gold | | | | |
|--|--|--|--|--|
| Low intensity version of the regular Zumba class. Recommended for seniors. | | | | |
| Intensity | | | | |
| Cardio | | | | |
| Choreography | | | | |

Mind/Body classes/water classes

| Yoga | | | | |
|--|--|--|--|--|
| Postures are practiced to align, strengthen and promote flexibility in both body and mind. Standing exercises and floor work incorporated. | | | | |
| Intensity | | | | |
| Cardio | | | | |
| Choreography | | | | |

| Y-SPLASH (Water) | | | | |
|---|--|--|--|--|
| This class uses the natural resistance and buoyancy of water against the body and water weights to provide a wide variety of conditioning activity. | | | | |
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| Aqua Zumba (Water) | | | | |
|---|--|--|--|--|
| Have fun blending the Zumba philosophy with water resistance for one pool party you shouldn't miss! | | | | |
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| Y-H2O (Water) | | | | |
|--|--|--|--|--|
| This is a shallow water cardiovascular workout. It is intended to be a moderate intensity class by increasing the heartrate and burn calories. | | | | |
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